

# Questions and Answers about Hepatitis A

## Q What is Hepatitis A?

A Hepatitis A is a liver illness caused by a germ (virus).

## Q How do you get Hepatitis A?

A The germ is found in the stool of a person who has hepatitis A. You can get Hepatitis A by putting anything in your mouth that has even a tiny amount of stool on it.

- People usually get it by having close personal contact with a person who has Hepatitis A.
- People get it by eating food or drinking water that has the germ in it.
- People can get it by having anal sex with someone who has the germ.

## Q What are the symptoms?

A Some people with Hepatitis A do not feel too sick, but others get very ill. People that have Hepatitis A can have some or all of the following symptoms:

- Yellowing of skin
- Stomach Pain
- Not wanting to eat
- Feeling sick to your stomach (nausea)
- Fever
- Feeling tired
- Yellowing of the white part of the eyes

A person with no symptoms can still give the illness to others.

## Q Is treatment available?

A No, there is no treatment available for Hepatitis A. Your doctor may give you medicine that will help ease your symptoms, but you still have the illness. Most people get over this on their own within one to two months, or longer.

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## Q How can I prevent it?

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- Hepatitis A shots (vaccinations) are the best way to prevent getting it.
  - Some people that have been exposed to a person with Hepatitis A may need to get a special shot called “immune globulin.”
  - Wash your hands after using the bathroom and before eating.
  - Wash your hands after changing a diaper.
  - Wash all fruits and vegetables before eating them.
  - Drink bottled water and eat only well cooked food when traveling.

## Q Where can I get Hepatitis A shots?

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- Adults should ask your health care provider about the vaccine.
  - To find out where children can get free shots, please call:  
**1-800-427-8700.**

12/00

**Your local Public Health Center is:**

